



Impact of Doctor-Diagnosed Arthritis For Kansans

Kansas Arthritis Program
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An estimated 489,209 Kansans or 25% of adults (18 years and older) have doctor-diagnosed arthritis.

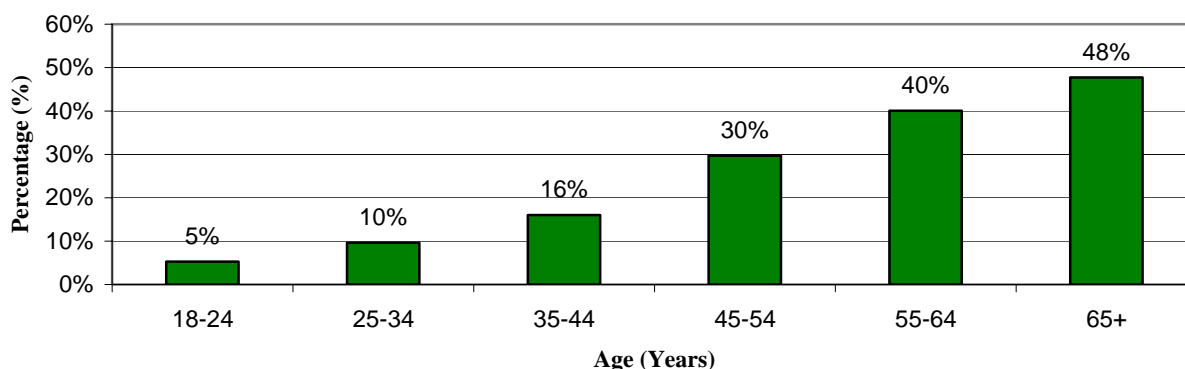
Overall impact of doctor-diagnosed arthritis:

- Arthritis costs Kansans an estimated \$828 million in 2001: \$491 million in direct costs and \$337 million in indirect costs.
- 59% of Kansans who reported that their poor physical or mental health kept them from doing their usual activities for more than 14 days during the past 30 days have doctor-diagnosed arthritis.
- 55% of Kansans with a disability report having doctor-diagnosed arthritis.
- 38% of Kansans with doctor-diagnosed arthritis have reported activity limitations due to arthritis or joint symptoms.
- 19% of Kansans aged 18-64 years with doctor-diagnosed arthritis or joint symptoms have reported that arthritis or joint symptoms now affect their work.

The impact of doctor-diagnosed arthritis can be reduced through physical activity and maintaining proper weight.

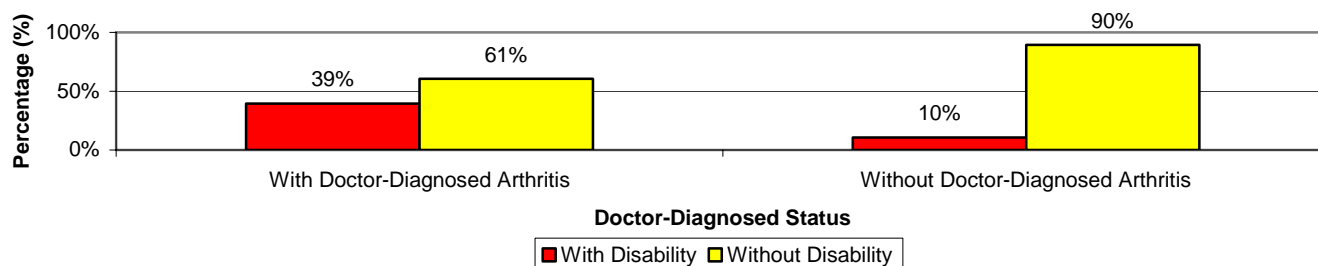
- Arthritis affects individuals of all ages. Prevalence of doctor-diagnosed arthritis increases with increasing age.

Percentage of Adults with Doctor-Diagnosed Arthritis by Age - 2003



- Prevalence of disability is higher (39%) among individuals who have doctor-diagnosed arthritis when compared to individuals who do not have doctor-diagnosed arthritis (10%).

Percentage of Adults with and without Disability Among Kansas Adults with Doctor-Diagnosed Arthritis

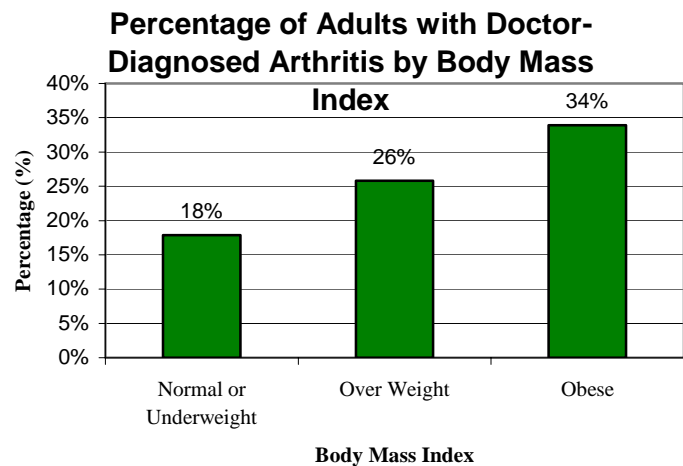


Information on this document is from the 2003 Kansas Behavioral Risk Factor Surveillance System (BFRSS).

Arthritis includes more than 100 diseases that affect the joints, surrounding tissues, and other connective tissues. Doctor-Diagnosed Arthritis Definition: Individuals who reported that they have been told by a doctor or other health professional that they have some form of arthritis, osteoarthritis, rheumatoid arthritis, lupus, gout, fibromyalgia or carpal tunnel syndrome. (Source: Center for Disease Control and Prevention).

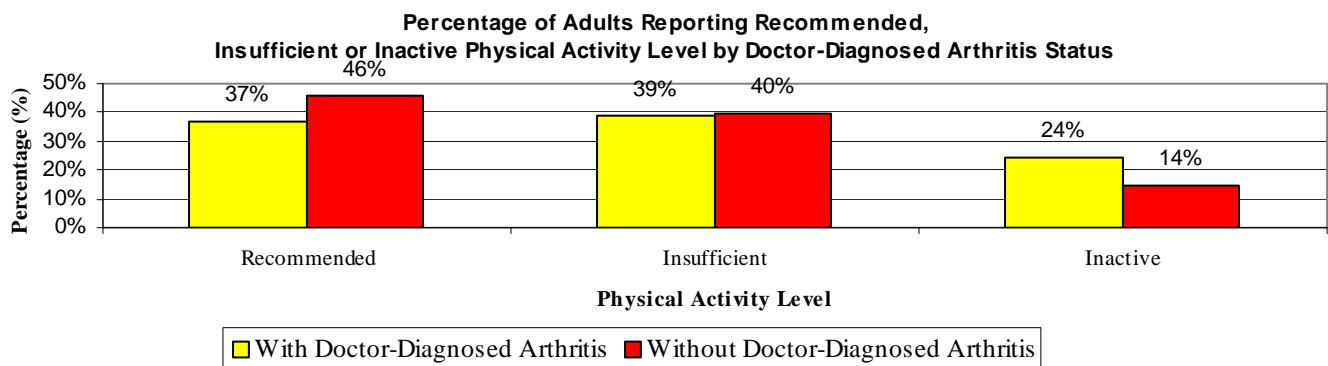
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- There is a relationship between obesity and certain types of arthritis including gout and osteoarthritis. Excess body weight increases the pressure and stress on weight bearing joints.
 - Approximately 34% of obese Kansans vs. 18% of normal/underweight Kansans have doctor-diagnosed arthritis.
 - Body Mass Index (BMI) is a weight status indicator measuring weight for height.
 - Obese: BMI ≥ 30
 - Overweight: BMI between 25 and 29.9
 - Normal/Underweight: BMI < 25
 - Weight Control: Decreasing BMI by 2 units reduces an obese or overweight person's risk for osteoarthritis by approximately 50%.



Calculate your BMI by visiting: http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.htm

- Among Kansans who perceive their health status as fair or poor, 51% have doctor-diagnosed arthritis, whereas 21% of those who perceive their health as good to excellent have doctor-diagnosed arthritis.
- Overall, Kansans with doctor-diagnosed arthritis have a lower rate of physical activity compared to Kansans without doctor-diagnosed arthritis.
 - 24% of Kansans with doctor-diagnosed arthritis reported no moderate or vigorous physical activity.
 - Levels of Physical Activity defined as:
 - Recommended Activity: participating in moderate physical activity at least 5 times per week for at least 30 minutes or vigorous physical activity at least 3 times per week for at least 20 minutes.
 - Insufficient: some activity but not enough to meet recommendations.
 - Inactive: not participating in any physical activity or exercise other than their regular job in the past 30 days.



Arthritis Foundation Self-Management Programs:

- PACE (People with Arthritis Can Exercise): Improves flexibility and joint mobility while reducing joint pain and stiffness.
- Aquatics: Warm water exercise program that improves joint mobility and muscle strength while reducing pain and stiffness.
- Arthritis Self Help Course: Six-week behavior change program that teaches pain management skills and techniques.

Contact the [Arthritis Foundation](http://www.arthritis.org) for more information at www.arthritis.org.

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